

The Ypsi Thrifty Guide

Volume 1, Number 3

December 6, 1982

Ypsi Library Closing?

'We Won't Take This Lying Down!' **'We'll Gladly Pay Up to Save It!'**

A LIFE-OR-DEATH ELECTION, with the fate of the Ypsilanti Public Library at stake, will be held April 4, 1983, in the City of Ypsilanti and Ypsilanti Township. Faced with increasing financial difficulties, the City has decided to stop funding the Library from regular revenues, and instead to let

the public decide whether to support it in an election. The April 4 vote will coincide with regular City balloting, and it will be a special election in the Township. The issue will be approval of a small fraction of a mill increase in property taxes in the two units of government, solely for the support

of the Library and its services over a period of 10 years.

The Ypsi Guide cameraman dropped in at the handsome Library building on W. Michigan Avenue, and enjoyed a number of whispered interviews with patrons on the subject. The question: SHOULD THE LIBRARY STAY, OR GO?



LORIN HARSHMAN, 12—This is my first time here. I like it already. Now that I've started, I sure don't want the Library to close.



TONI FABBRINI (shown paying overdue fee)—I hope the Library will stay open. My husband and I moved here recently from Ann Arbor, and we've already gotten to feel at home in this building. We both want it to survive.



WILLIAM AND GLENNA BROOKMYER—We use the Library in streaks, and since retiring from Chrysler in '77, there's been more time for reading, so the streaks have been longer. We think it would be a terrible thing for the Library to close. A Library is not a luxury. It is a necessity in today's world. We live on Mansfield, and we walk both ways on our Library visits. That's a nice five-mile hike. So the Ypsilanti

PEOPLE WHO WANT to join forces with Library support groups can get information from:

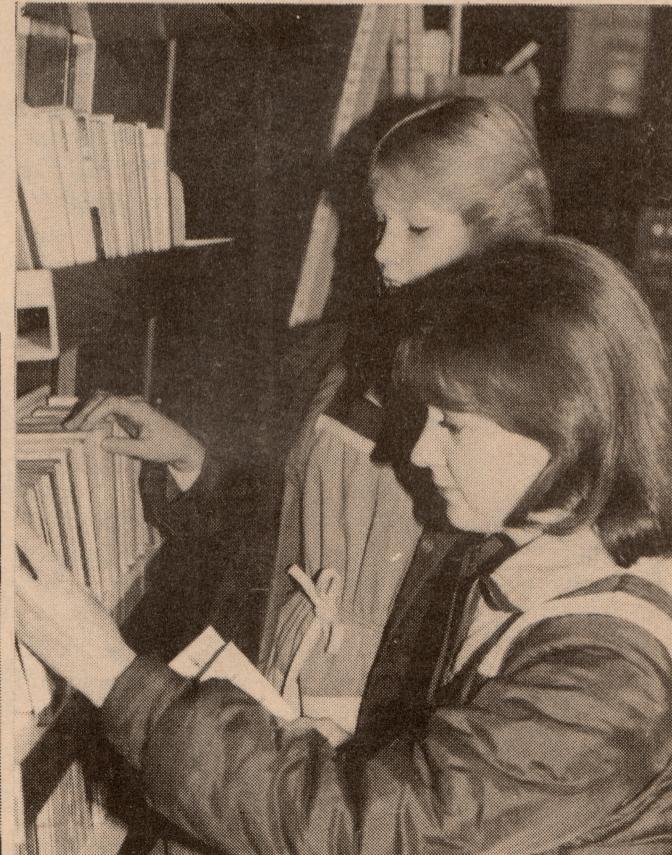
1. The Joint Library Board, Chairman Heather Ion, 487-9501.
2. Friends of the Library, President Virginia Svoboda, 482-5877.
3. Committee to Save the Library, Chairman Robert Warren, 483-6531.

Ypsi Guide coverage of the Library issue will continue, leading up to the April 4 vote.



Library not only helps our minds, it also helps us keep in good shape physically.

KATHY LAMB, 17 (with Mimi Chapman, Reference Librarian)—The Library is so helpful for people like me, and everyone else. I'm a senior at Calvary Christian Academy, and I use it often. I want to become a fashion designer, and may go to Eastern Michigan University—but for now, I get



lots of the information I need right here.

PEGGY AND MICHELLE BELCHER—As mother and daughter, we both want the Library to continue. It's going to! People can't do without a library. Young or old, we all need it.

Happy Birthday, Henry J!

His Logical Econo-Car, Built at Willow Run in the 50s, Should Have Succeeded; So Should His Logical HMOs Today

Whenever anyone mentions the name Henry John Kaiser within hearing distance, my stomach does a mild backflip. Only a mild one. That's all.

IT WAS WORSE WHEN I WAS YOUNGER. Much worse. Fate brought Henry J. Kaiser and me together during WWII. Kaiser, an industrial giant, built ships to help the war effort. The U.S. was fighting two ways at once, in Europe across the Atlantic, and in Asia, across the Pacific. We needed lots of ships in a hurry. Kaiser conceived the idea of building boats in sub-assemblies in factories, with modern mass production methods, then bringing the huge sections together at a shipyard and joining them by weld into a more-or-less seaworthy "bucket." He built lots of them. Fast. Maybe too fast.



I NEVER MET HENRY J. KAISER. But I met one of his boats. And that's what brings the abdominal backflips when I remember it today.

The introduction took place on a dock at Portland, Oregon. The Kaiser tub, securely tied to the dock, and floating in quiet harbor waters, looked innocent and harmless. I climbed aboard confidently. A few hours later the crew cast off the mooring lines and the tub moved out of port. We were on our way to glorious battle in the South Pacific.

WHEN WE HIT THE FIRST OCEAN SWELL, and the scow started tossing, I knew I was dead. As a kid, I'd occasionally had trouble with seasickness. But that was nothing compared to what Kaiser had cooked up for me. Even in calm seas, his boat pitched and heaved like a bronc with a seven-year itch. When I wasn't too sick to think, during that endless cruise to Hawaii, I wondered what had gone wrong on Henry's assembly line. Did two front ends get welded together? Two back ends? Three middle sections? Whatever the combination, it was as wrong as a two-headed mule, a two-tailed jackass, a camel with the humps fastened down under.

I HAD A STRANGE DUTY ON THE VOYAGE. I had to assemble all the G.I.s on deck each day and give them a one-hour lesson in conversational Chinese. I'm sure this was just a way of keeping the troops entertained. I couldn't say "cat" — or anything else — in Chinese. But the commander gave me a manual and told me to teach. We might end up in China, he said, and we should at least learn to ask the way to the john.

I TRIED. AND I WAS A BIG HIT when it came to entertainment. But the longest lesson we had, in my Kaiser College of Chinese, lasted just over seven minutes. Each day, mounted on a hatch, with hundreds of soldiers in front of me, I would fix my eyes on my feet. I dared never look up. But it usually took only about two minutes for it to happen. Out of the corners of my eyes, I would catch sight of the horizon, staggering like a cosmic drunk, all around me. And the lesson would end right then, with teacher running for the rail.

The men aboard that ship didn't learn Chinese from me. But I learned a lot — about how very, very sick a seasick man can be. And I've always wondered if Henry J. may have taken a cruise in one of his own factory-made ships — and if that unhappy experience may have led to his most important creation.

THERE'S NO DOUBT HENRY WAS A GENIUS. His ships helped us win the war, in spite of all the troops they wiped out as they did me. Kaiser was one of the major builders of the Hoover Dam — and in this instance he obviously didn't get the parts scrambled.

He moved into auto-making after the war — and his Henry J economy car, built at Willow Run, U.S.A., in the 50s, could have helped save the industry if we had let it. But the Henry J was a compact, and we wanted no part of it. It was low-priced and gas-skimping. It was somewhat similar in looks to the imports that are causing U.S. products so much trouble today.

But car-buyers in the 50s wanted something else. They passed up the product of this prophet-genius. He was too far in front of the times.

THAT CRUCIAL QUESTION OF TIMING is still to be answered, in regard to the Kaiser innovation that may be Henry's greatest. It's a question that all of us should be aware of, for our own health and well-being, and that of future generations.

HENRY HAD A DREAM OF HEALTH CARE. He dreamed of a system in which sickness and suffering could be wiped out. A system that would prevent disease before its onset, rather than trying to treat it after it struck.

It's only idle curiosity on my part, to wonder if Kaiser's move into the health field might have been triggered by a spell of seasickness on one of his ocean tubs. The important fact is that the Kaisers — father Henry and son Edgar — did chart some challenging new courses for the health care profession.

IN CONNECTION WITH THEIR MANY INDUSTRIES, they set up Health Maintenance Organizations for their employees. The Kaiser HMOs emphasized disease prevention. They brought the skyrocketing costs of health care under some semblance of control. They made sure that no person or family in the organization would ever lack the very best of medical help.

THE KAISER HMO'S HAVE BEEN EFFICIENT and effective in making health available to everyone. They're affordable, too, which is more than can be said for our government-AIDs, which have bloated the health industry with profits while nearly bankrupting Social Security, and third party carriers like the Blues — and taxpayers, and medic billpayers.

THE HENRY J CAR WAS AHEAD OF ITS TIME. The public looked at it, made jokes about it, and rejected it — and we're hurting today because of that mistake. If auto buyers and the auto industry had followed Henry's lead, we wouldn't be eaten alive now by foreign car incursions and by the oil energy barons. We've learned Henry's lesson, but a little bit late.

Henry J was Today's Kind of Car

WILL WE FOLLOW THE SAME BLIND COURSE in the field of medicine? If we do, we will surely stumble into an era of health care disaster. The money is running out. Some equity, some businesslike control, some caring are urgently needed. Kaiser pointed the way for us. We should at least consider what he offers.

* * *

Henry J. Kaiser was born in 1882. His 100th anniversary is short weeks from its ending today. We haven't heard any bands playing, or heard any speeches, or seen any parades in his honor in all 1982. In fact, the late Mr. Kaiser appears to be nearly forgotten.

AND THAT'S A TRAGEDY FOR ALL OF US.

So maybe my stomach tremors at the mention of his name are a good thing. We need to remember this man.

Now, before the Kaiser Centennial Year closes, **The Ypsi Guide** will hold a small Kaiser Centennial Celebration. No parades, no noise-makers, no speeches — but we think it'll be something the bald-headed genius would have appreciated.

**Watch For Next Feature
In "Winner" Series!**

He that takes truth for his guide, and duty for his end, may safely trust to God's providence to lead him aright.

Blaise Pascal

It'll be an **Ypsi Guide** write-up about today's Health Maintenance Organizations — and it'll be based on HMO work that's already being done in our own area hospitals. Hopefully it will point the way to further advances in health care as envisioned by the Kaisers and pioneered today by forward-looking health providers.

Will We Follow Kaiser's HMO Leadership?

THE GUIDE HONORS KAISER, a genius who touched the lives of many Ypsi people. He could have done so much more for us, if the world had only listened and believed and accepted. But maybe his one failure will lead to one of his greatest victories — if it only teaches us not to overlook great ideas for our future.

HAPPY BIRTHDAY, HENRY! You're a genuine **Ypsi Guide** Winner!

— Paul Tull

Letters to the Editor

Dear Ypsi Guide —

I enjoyed your weekly and hope you have great success. Your publication is timely and should generate enthusiasm in Ypsilanti.

The area seems to have real potential, and responsible press can become one of the real motivators to initiate interest.

Yours truly,
Hal Stansell

Dear Editor,

We are pleased to announce the opening of a new Womancare practice at Gault Village, in Ypsilanti.

Pregnancy testing is offered free, on a walk-in basis, between 9 a.m. and 7 p.m.

Gynecological services and Family Planning are offered by appointment with either the Nurse Practitioner or Physician.

Womancare accepts Medicaid as well as all other health insurances. A grant system is available for women with no insurance coverage. Please contact Womancare for further information regarding fee schedules.

We appreciate having the opportunity to share this information with you, and look forward to being an active and helpful member of the Ann Arbor-Ypsilanti health care community.

Sincerely, Elaine O'Connor, RN, Administrator

CEREBRAL GROUP ANNOUNCES AWARDS

American Mensa is again offering three regional scholarships. These awards are in the amounts of \$1,000 for first place, \$500 for second place, and \$200 for third place. Locally, Southeast Michigan Mensa is also offering three scholarship prizes, in the amounts of \$500, \$250, and \$100. The first place winner in the local competition will be automatically entered in the regional competition. Any person enrolled in an accredited American institution of post-secondary education at any level, in a program leading toward a degree, is eligible to enter. Mensa membership is not a requirement.

Mensa is an international society whose only qualification for membership is a score in the top 2% on a Mensa-authorized intelligence test. Mensa sponsors a gifted children program, does research into the nature of intelligence, and provides social contact for its members.

For an application blank and further information, contact Emma Edge, Scholarship Chairwoman, 35659 Huron River Drive, New Boston, MI 48164. The deadline for receipt of applications is March 1, 1983. All requests must be accompanied by a business-size self-addressed stamped envelope.

Wiard's Has Good Taste



Santa Crews

PUTTING TOGETHER A SHIPMENT of good 'cheer, Aline Vercruyse, Mische Cline and Lou Ouellette are performing in Santa's role this month. Along with other members of the Washtenaw County Women's Council of Realtors and the Ypsi and Ann Arbor Board of Realtors, the threesome will help provide a Happy Christmas for 150 patients at Ypsilanti Regional Psychiatric Hospital.

YRPH welcomes additional gifts for their patients. To help, begin by calling YRPH Community Relations, 434-3400.



THE SAMPLING TABLE AT WIARD'S is a favorite stop for food shoppers. Manager Jay Wiard and the farm store staff use the table as a way to acquaint their customers with new taste treats. The items available for nibblers are always fresh—and the lineup of pickings changes frequently.

Mimi Miller is a regular shopper-sampler at Wiard's.

She's shown trying the fare last Thursday with some help from Jay. One of the big treats that day was Wiard's Super Spud, a gourmet concoction invented by Brian Hanson, one of the staffers at the Merritt Road market.

Judging by Mimi's turned-on reaction, the Super Spud is a winner.

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TV Producer's Career Began at WEMU

John's Ingenuity Opened Doors

By Gail Slaughter

The scenario could have come right out of a TV show—one of the programs he now produces. The young man wanted to break into television, but he couldn't get past the Radio City receptionist's desk... until he thought of a plan so crazy it just might work!

He arrived at NBC headquarters in New York City disguised as a delivery boy, at an hour when the lobby would be crowded and he'd be unwittingly waved on through. He lurked around the top floor—top management country—looking purposeful, until an executive unlocked the washroom door, and the young man slipped in behind.

"Everyone likes something to read in the bathroom," the man recounted years later, "so I gave them my resume." He put a copy in each stall, a place where the network executives couldn't help but find it.

A FEW DAYS LATER, he received a call. "I don't want to know how you did it," the man from NBC told him, "but I like the way you do business!" Although the executive had no job openings himself, he referred the ambitious young man to a friend at ABC in Los Angeles.

"To break into television, you need a lot of chutzpah," grinned John Moranville, now an associate producer on ABC's "Dynasty," a show which serves scandals weekly to top ratings. His name and title get full-screen credit at the show's conclusion.

MORANVILLE WAS IN MICHIGAN recently, visiting his parents, Kate and Jack, and buying a car for his daughter Lisa, who enrolled at the University of Michigan.

Moranville's family had moved to Michigan from California in the 1960s, and he attended college at Eastern Michigan University for two years. "But I couldn't take the cold winters, and I knew I wanted to work in television eventually, so I went back to California," he explained.



HOLLYWOOD TV PRODUCER John Moranville demonstrated the "laid-back California look" recently, after purchasing a car here for his daughter Lisa.

Raised in California, where life is "absolutely" different, Lisa has never driven in snow. "I can't take the cold winters here myself," chuckled Moranville.

He said he was "one of the original TV addicts" as a boy; and his exposure to the college radio station further fired his interest in broadcasting, "because it seemed like fun."

His father had doubts about his son's career plans. "He didn't think work should be fun," as Moranville put it, "but I told him that was the only way I'd ever be a success."

"AND I HAVE FUN, I really do!" he said with conviction. "I go to work and vacation at the same time. The studio pays me to travel all over the country and shoot films, and I'm given first class treatment. When I filmed the Don Ho show, for example, I got 18 trips to Hawaii!"

Moranville talked easily and jovially, laughing off the glamour of his lifestyle as if anticipating the wide-eyed wonder of Michiganians reading about it.

Yet he talked with straightforward confidence, knowing he's demonstrated the talent and dedication to sustain — and deserve — his good fortune.

Moranville began his TV career as a production assistant in the news department of KABC-TV in Los Angeles. He covered news and sports events on location, most notably traveling to Houston for the space shots.

He next went into daytime programming. "My mom got me hooked on soap operas when I was a kid," he related, "and I worked with the staff that developed the concept for 'Ryan's Hope.' "

His creativity also figured prominently in developing the long-running "Family Feud" show, "as well as a few other game shows that weren't as successful," Moranville added.

He's now employed by Aaron Spelling Productions, where he does an occasional directing stint for shows like "Love Boat," as well as working full time on "Dynasty."

"I have a finger in every aspect of production," Moranville said of his job as associate producer in the prime-time soap. He's in on discussions of the story line, for example, directs the helicopter shots, and sets up scene and costume changes.

After the six days of shooting for each episode, Moranville's post-production duties begin. He helps to organize and edit the streams of film, coordinates sound effects, and advises the composer about the type of music needed.

The company began shooting this season's "Dynasty" episodes last July, and taping will continue "til mid-March or so," said Moranville. "It's hard work...but we're all very professional people," he stressed.

In fact, Moranville said that "'Dynasty' is the happiest set I've ever worked on. For people who are always fighting on screen, everyone is very easy to get along with off screen."

JOHN FORSYTHE, he said, is especially helpful. "He's just like he was on 'Bachelor Father,'" Moranville grinned, referring to an early-60s sitcom. "He looks on the cast and crew as his family. If anyone's having an argument, he'll get the people together to talk it out."

While "Dynasty" storylines have not aroused the fervor of the "Who Shot J. R.?" caper on "Dallas" a few years ago, the series ended last spring with five cliff-hangers. "Dynasty" fans were particularly anxious to find out who kidnaped Fallon's baby.

"WE'RE THE NUMBER ONE SHOW, and we have enough momentum to maintain audience interest."

Daughter Lisa has done some small TV acting jobs — "which she got on her own," Moranville mentioned; and she has considered a career in directing. "But now she's talking about psychology. She says she can always fall back on show business," he said wryly.

And no, he hasn't based any of his soap-opera scandals on Ypsi or EMU. "But I modeled a character on my ex-wife once!" he winked.

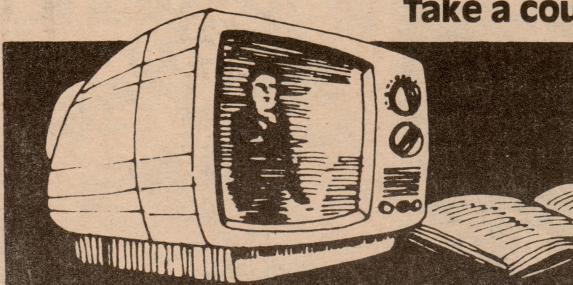
SMILE:

Many a child who watches TV for hours will go down in history, not to mention math, English, geography, science, etc....

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For more information on enrollment and registration in WCC's TV classes, please call WCC staff at (313)973-3493.

Washtenaw Community College 4800 E. Huron River Drive P.O. Box D-1 Ann Arbor, Michigan 48106

WASHTENAW COMMUNITY COLLEGE



BUD KIRVAN

Items Intimate
and Not Too Serious

Entertaining a couple of nephews, ages 4 and 7, can be a problem on a gloomy Saturday, particularly when they are bored with television and have shown little interest in watching a tired uncle try to snooze in his favorite chair.

What did I do at that age, when the weather prohibited outside play and television, radio and gramophone had not yet been invented? My sister took me to the movies.

Great idea! A Saturday matinee with popcorn. It had been a long time since I had seen a good hard-riding, bad-shooting western and whether the serial was "The Great Train Robbery" or "Tarzan and the Apes" it would be good to turn back the clock and visit a Saturday matinee once more.

The boys began jumping up and down at this suggestion and they crawled all over me while I searched for the newspaper movie guide.

LET'S SEE NOW . . . the first double feature was "Midnight Plowboy" and "Secrets of Romeo and Juliet." I wondered if Plowboy was a typographical error and really was supposed to be Cowboy, but then they wouldn't be interested in a Shakespearean movie as a second attraction anyway.

Cinema I was featuring "Bob and Carol and Ted and Alice." This sounded a little too sticky, sort of a double Bobbsey Twins.

Cinema II had "Closer to the Bone" and "Hot Lips for Hot Heads."

Cinema III offered "The Stewardesses" and "Swedish Fly Girls."

The Family Drive-In was featuring "The Undertaker and His Pals," "The Corpse Grinders" and "The Embalmer."

Another drive-in triple feature was "Relations," "The Female" and "The Minx."

None of these sounded like a good shoot-em-up western so I said to the four-year-old, "You pick one. Close your eyes and put your finger on the paper." His tiny index finger landed on "Together," "Three in The Attic" and a lot of X's.

"NOW IT'S YOUR TURN," I told the seven-year-old. He circled around and around with his finger before stabbing at the lower right-hand corner of the listings. He drew "Mona" and "Two Together."

Looking expectant and noticing my gray complexion, the older nephew asked, "What's the matter, Uncle Beastly, aren't we going to the movies?"

With great enthusiasm I said, "How about getting some warm cookies from the bakery and driving out to the country?"

"YEA! LET'S GO," they shouted in unison.

I grabbed the phone directory and began looking for the nearest bakery. Let's see . . . there's the Underground Dough Box on Second Avenue, the Hot Cookie on Madison, the Naked Ginger Bread Man on Main, The Danish, The Twisted Bagel, The Holy Roller Donut Shoppe . . .

School Boosters



A SOLID SUPPORTER of technology programs at Eastern Michigan University, Xycom Corp was duly honored for its generosity by school officials last month.

Fred Trudo (second from left), president of Xycom, accepted a specially inscribed citation from Dr. Jeffrey Luftig, head of the Department of Industrial Technology at EMU. Dr. Alvin Rudisill (far right), dean of the EMU College of Technology, and Dennis Roth, personnel director of Xycom, also were on hand for the brief ceremony.

The firm, which specializes in designing computer equipment for "hardhat" industrial use, recently donated more than \$30,000 worth of computer terminals, microcomputer modules and accessories to Eastern.



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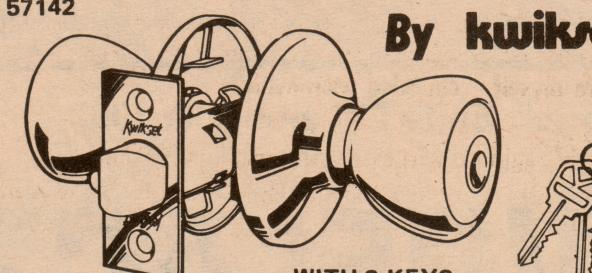
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WEMU Says 'Thank You!'



FRIENDS AND BOOSTERS OF Radio WEMU were honored for their loyal support last Thursday. Upwards of two dozen of the campus station's helpers were cited for their outstanding roles in WEMU's progress during the past year.

Among the award winners were (l to r): Douglas Farquharson of Delux Rental; Gary Profit of Mellencamp's Men's and Boys' Wear; Carolyn McKeever, President of the Depot Town Association; Harold Russell and Joyce Julius of Domino's; Mike Kabat of Haab's; Barbara Barden of O & W Distributing Co.

Public service stations like WEMU face real challenges



today and for the future, as funding from government sources continues to wither away. But thanks to WEMU supporters such as the people who were honored Thursday, the local staff plans to maintain the high-quality programming and community-campus service that they have offered in the past.

Singled out for honor as the Volunteer of the Year for 1982 was Ralph Pasola, Chairman of the WEMU Volunteer Committee. Station Manager Art Timko made the presentation.

Next week's Guide will feature more photos of key people in the WEMU lineup, snapped at the honors ceremony.

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LUDWIG DRUMS: Bass with foot pedal, cymbal, wood block, bell; tom-tom matches. \$60 or will sell separately. Call Kevin, 482-3507 persistently.

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Have insured, reliable automobile for delivery purposes, etc. Available evenings and weekends. Will do typing, filing, babysit, housesit, good conversationalist, very friendly, dependable, efficient, outgoing, good sense of humor. Call 482-0289.

I WILL DO BABYSITTING in my Christian home. Erickson School area in Ypsilanti. Call 482-1686.

AM/FM PANASONIC Stereo 8-track tape and recorder, turntable, two speakers. Great sound. \$130. Also, entertainment table if wanted with stereo. Call 483-9656.

10 WOODED ACRES in Britton School District. Ideal for private country living. Approx. 7 miles south of Milan. Asking \$15,500. Call 485-4879 after 3:30 p.m.

A GREAT NEW Opportunity to own your own business — be an independent Retail Sales Director marketing a new, delicious nutritious food beverage mix in the Uni-Level Market. Good earnings. Call 482-4256.



IN DAYS GONE BY, there was no mistaking the message behind the "ERA" lettering—at least for baseball aficionados.

WANT HEALTHY, HAPPY Living? And a fair U.S. Government? And a Humane Non-bible Religious System? Phone 483-0365 (Ypsi) till 3:30 p.m. daily for information on these new and peaceable ideas.

FREE ADORABLE KITTENS — Litter trained. Call 529-2411, ext. 2267.

ELECTRIC TORO SNOW SHOVEL! Used only three times. Weighs 12 lbs. Perfect for steps, walks, decks and patios. \$75. Call 483-2348 after 5:30 p.m.

In nearby Saline — **MILL VALLEY APARTMENTS**. 1-bedroom, \$270/mo.; 2-bedroom, \$310/mo. \$100 security deposit. Central air, cable TV, free heat, carpeting, drapes, appliances. 24-hour maintenance. Swim pool; easy walking distance to shopping center, parks, open country. Excellent Saline Schools. Open Monday-Friday 9-6. Sat. 9-12. 429-4583.

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Why not paint a room for your true love or the kids? Plenty of time to do it — and we'll help — with our

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PRATT & LAMBERT

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1977 FORD 14-ft. cube van, E350, 42,000 miles. Power steering, brakes, auto trans., dual wheels, furniture-tie down capability. Ph. 482-2300.

1977 DODGE VOLAR E

wagon, air, cassette. \$2200.

485-3990 or 431-1100.

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485

Linda Stokes is a writer with a very special talent: breaking up everyone in our newspaper office with her nutty copy.

Her Christmas column below is a neat way of ushering in the Yule mailing season. I guess what Linda is trying to say,

in her own tactful, gentle way, is that "Ho-ho is a No-no," if it happens to involve sending out Christmas newsletters.

Please, dear newsletter fans, don't take offense. Kind-hearted sweet Linda ALWAYS means well. —Editor

A Christmas Epistle from Linda

After wading through a pile of nauseatingly saccharine and boastful Christmas newsletters from friends and acquaintances, we decided to strike back and write our own. In case you don't get one, you can read it now, but take several deep breaths first.

Dear Folks:

Another year has flown by and Christmas is upon us again. We are still living in our sumptuous two-room apartment on the fashionable side of town—downwind of the chicken farm, in the shadow of the sewage plant.

Dave is still in the insurance field and has his own office down in the crawl space under our apartment. It eliminates that tedious drive to the office every day, and one gets used to the dampness after a while. Lighting the office was a bit of a problem until Dave hit upon the idea of wearing a miner's cap down there. He looks deliciously masculine, sort of like the Marlboro man. The light does draw the spiders, but they are good company and fantastic athletes.

Dave received special recognition from the president of the company this year for opening up a new concept in health and accident insurance. He frequents the waiting rooms and emergency rooms of hospitals and catches people in their most vulnerable mood. Of course, wearing a doctor's white coat for that "air of authority" doesn't hurt either. Oh, the company expects big things from Dave this year. I guess mother was wrong about him after all.

I am still pursuing my hobbies of knitting helmet liners for our boys overseas and entering local cooking competitions. Modesty forbids me to mention how many

contests I have won, but it was my "Okra in Red Wine Sauce" which inspired the film "Soylent Green." I also sing in a small choral group which is in great demand at demolition sites and prison riots.

Our two boys are hale and hearty, as usual. Don is in the fifth grade (again) and little David is still in the fourth. Don plays the trumpet and has managed to alienate all of our neighbors. Some people can be so petty about a little noise. David is still setting fires and collecting coins. If he could just stop spending them, he could achieve greatness. Both boys have been suspended from Cub Scouts for refusing to camp overnight unless it is in a Holiday Inn with room service. Dave and I, of course, support them in their courageous stand.

Uncle Lou is in jail again and Aunt Doreen is still campaigning for Women's Suffrage. She was always a little behind the times. Cousin Martin is still in the Peace Corps and is stationed in the wilds of Berkeley, California. The natives are underprivileged and war-like, but Martin is teaching them to cultivate the soil, use paper plates, and stop leaving their aged parents on mountain tops.

We are looking forward to our 10-year class reunion this summer. It was just a bit disappointing five years ago when Tyrone Waterfiled and I were the only alumni at the formal dinner dance. We could have gone to McDonald's and had more laughs. You all remember Tyrone; he was the only male majorette in the history of the school. His baton scars have healed nicely.

Merry Christmas and Happy New Year from Ypsi's answer to the Loud family.

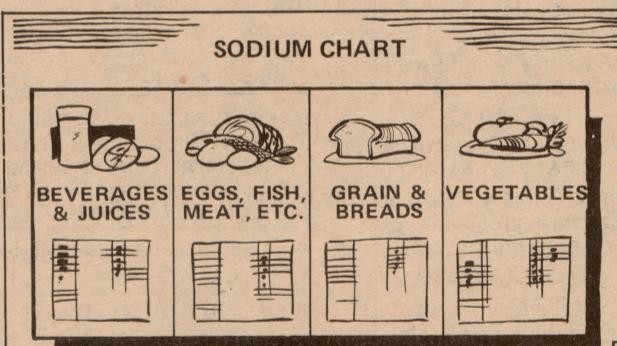
LITTLE KNOWN FACTS ABOUT SODIUM

What do drinking water, aspirin and cottage cheese all have in common? The surprising answer: they all contain considerable amounts of sodium, a substance most of us know quite well as common table salt.

Although some sodium is vital to body functions, such as maintaining the proper fluid balance in the body, many people consume two to three times or even more sodium each day than is needed. One teaspoon of salt, for example, contains 2,000 milligrams of sodium. In most cases, nutritionists say, 1,100 to 3,300 milligrams of sodium per day provides a safe and adequate amount.

Sodium can certainly be found in more places than the salt shaker, but about 1/4 of your sodium intake comes from the salt you add to food.

Sodium occurs naturally in most foods in varying but usually small amounts. Fresh meat, poultry, fish, dairy products and eggs, contain greater amounts of sodium than fresh fruits and vegetables. Most of the sodium in foods is added to products during processing to help preserve and flavor them. Pickles and sauerkraut, for instance, are preserved in brine (salt water) and are high in sodium. Prepared foods such as most cheeses, mixes, sauces,



Fresh foods are generally lower in sodium than those which are processed.

soups, catsup, mustard, salad dressings and breakfast cereals also have salt added.

Did you know that sodium is part of the following ingredients: monosodium glutamate, baking powder, sodium saccharine and sodium citrate? Sodium is also found in drinking water, with water softeners raising the sodium content considerably. Some over-the-counter drugs and medications ranging from antacids and laxatives to toothpaste, mouthwash and cough medicine, contain moderate to high levels of sodium.

Because excess sodium in the diet is believed to contribute to several diseases, including high blood pressure, which can lead to stroke and kidney failure, many people have or want to cut down on their sodium intake. If your doctor has ad-

vised you to decrease sodium intake, don't feel doomed to a life of boring foods. According to the experts at the Food Marketing Institute (FMI), here are some tips that can help you reduce sodium without losing flavor:

1. Read labels to look for products with lower sodium content. Start to eliminate the salt you add at the table a little at a time. For instance, you don't need to salt the cooking water for vegetables or macaroni.

2. When possible, eat more fresh or plain frozen vegetables (without sauces).

3. Think about doing more scratch cooking. Use sodium-free baking soda and powder.

4. Season foods with herbs, spices, lemon juice and salt-free garlic and onion powders.

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This coupon good on any Monday or Tuesday during December. Bearer will receive 20% off any purchase. Offer can not be used on daily or weekly specials. YTG

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Bearer of this coupon can receive one free meal of same or equal value with the purchase of the first. Coupon good on all weekly and daily specials plus other menu items everyday during December. YTG